

## JOURNAL REFLECTION SHEET FOR LEVEL 101, 201, 301, 401

# The Key to Spiritual Growth and Fruitfulness

### How to Use This Journal Reflection Sheet

This Journal Reflection sheet goes with “The Key to Spiritual Growth and Fruitfulness.” This sheet is for personal reflection and processing what you saw in the video and what was read in the study guide.

This is where you would write down your thoughts and track your progress over the years to see where you are now, get an overview of how God is working in your life, and see future improvements in the years to come.

**Every 6 months** look at this sheet to see what has changed, improved, and add any new things but take time to PRAISE GOD and acknowledge your growth. This is important. The enemy will always attempt to make you feel as if there is no improvement but when you write down your progress and acknowledge them you will see that you are doing much better.

Habakkuk 2:2-3 tells us to write the vision down, make it plain so the one who reads it will run with it. Though it tarries it will surely come at the appointed time. So in writing this down you are making a plan and a goal to move forward and change the things that are listed here. Over time you will see through reading the word and prayer, how the Holy Spirit will work with you to make the changes.

### Prayer before you start writing about your MIND, BODY, SOUL, HEART

**Holy Spirit, I ask that you would show me all the things that I think about on a regular basis that are not from You. Show me the gates are being used to access my mind and help me close them and change so that what I think about glorifies you and completely cause me to love You with my mind.**

Write what comes to mind here:

Write the gates that are being used as access here could be places, things you watch, people, etc:

**Holy Spirit, I ask You to show me the things I am doing with my physical body that is not pleasing to you. Please reveal to me the doors that are being used to access this part of who I am**

Write what comes to mind about your body here:

What doors/gates are being used to access your body:

**Holy Spirit, I ask that you show me what is within my soul that is not who you created me to be. Please show me how these things got there. What gates were used to access my soul and help me by Your Spirit to close them.**

Write what comes to your mind about your soul:

How did it get into your soul:

What steps do you need to take to close these doors/gates?

**Holy Spirit, show me what is in my heart that is not pleasing to You. Show me how it got there and what I need to do to change this**

Write what comes to mind about your heart

Write what gates were used to access your heart.

<b>Final Thoughts</b>	
<b>Levels</b> <b>101</b> <b>201</b> <b>301</b> <b>401</b>	<p>If this is your first time doing this exercise you may have a very long list, and this is OK. It is a start.</p> <p>Do not be discouraged.</p> <p>By writing it down you are now aware of who you are and what is happening within you. Remember through prayer, reading the word and obeying it you will see the change.</p> <p>If you need more writing space it may be best to put this in your journal so you can write as much as you want. The important thing for you to do is track your progress every 6 months. You will notice that some things are gone completely and you may have new things to add to the list. For the things that didn't change you need to ask yourself honestly if you actually closed the gate the enemy is using to access you. Or perhaps God will show you that other gates are now being used to access you and those now need to be addressed. Celebrate your progress and just pray through the prayer again and continue writing and checking every 6 months.</p> <p>Habits that remain after a year may need deeper work. If you have any questions, please send us an email <a href="mailto:info@glorytogloryschool.com">info@glorytogloryschool.com</a></p>
<b>Prayer of Declaration</b>	<p>Lord, I lay myself before you as a living sacrifice and I ask that you change all that is within me that is not like You. Help me to make the changes that I can make. Give me the steps for each one. I pray for your guidance in all of this. I pray that You work through me by Your grace so that I may glorify You in my heart, mind, soul &amp; body, in Jesus name, Amen.</p>